

PREVENTION MEANS BUSINESS

A healthy, thriving workforce makes for a healthier business. Investing in health—in the workplace and in the community—reduces health care costs, improves productivity and makes businesses stronger.

POOR HEALTH IS BAD FOR BUSINESS

Chronic disease drives health care expenditures, which cuts into company profits and productivity among Montana's workforce.

AMONG MONTANA ADULTS EMPLOYED FOR WAGES:



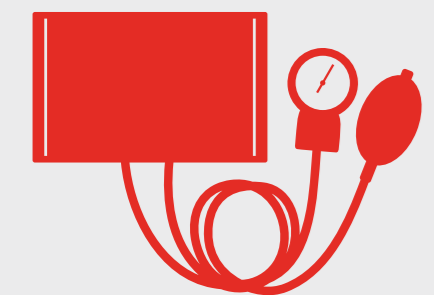
65%

of our workforce is overweight or obese



29%

have high cholesterol



22%

have high blood pressure



\$1.7 B

spent on obesity-related medical care in Montana

DATA SOURCE: The 2013 Montana Behavioral Risk Factor Surveillance System

PREVENTION PAYS AT WORK

Even small investments in health within the workplace can create big returns:



WORKPLACE WELLNESS

For every **\$1** spent on workplace wellness programs, employers can save up to

\$6

ADDRESS HEALTH RISKS

1%



reduction in health risks would save as much as



\$83-103

annually in medical costs, per person.

SAVE MONEY



Workplace wellness programs can reduce sick leave, medical costs and worker's comp claims by as much as:



25%

HEALTHY EMPLOYEES = HEALTHY BUSINESSES

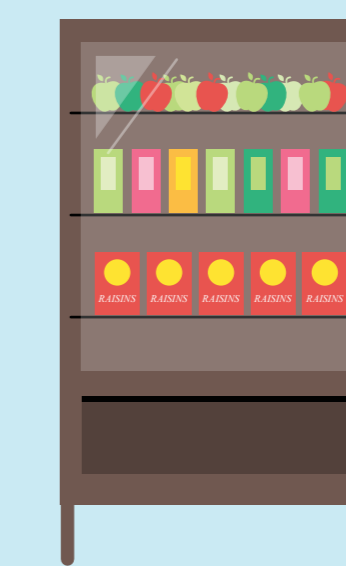
Building a healthier worksite saves lives and money.

FOCUS AREAS INCLUDE:

PHYSICAL ACTIVITY



NUTRITION



TOBACCO-FREE SPACES & CESSATION



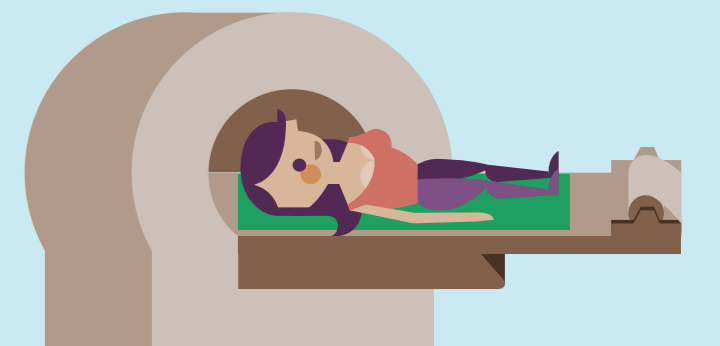
BREASTFEEDING



WORKSITE WELLNESS



CANCER SCREENING



SUCCESS STORY

Moody's Markets is a local grocery store with six locations in northwest Montana. They used innovative, simple, and relatively low-cost ideas to establish a wellness program in 2010. In their first two years they had an 80% decrease in worksite accidents and saw their worker compensation score improve. This decrease in worksite accidents has created significant savings for the company.

Design adapted from phi.org

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